

Association for Holistic Biography Work

The Voice of *Biography...*

An International online magazine



Contents

Description	Page number
Team	3
A Note from the Founders	4
Contributions	
❖ Attitudes, Techniques and Tools for Holistic Biography Work - Archetypes and Uses of the Panorama Chart (Part 3)– Karl Heinz Finke	6
❖ Zvi Birger: A Man of Truth (Part 3) – Orna Bendor	8
❖ My Encounter with Blavatsky – A Biographical Analysis - Ciomara Gonçalves	14
❖ Have You Already Accomplished The Masterpiece Of Your Life? – Alexandra Mettrau	18
❖ Biography Work after the 3rd Lunar Node Excarnation, Spiritualisation and the Fire, Water & Air Trials – Karl-Heinz Finke	21
❖ Glimpses of a Finnish Experience – Janaki Anant	24
Engaging the “I”	
Live with the question – Rashmi Malhotra	28
Biographical Activity – Rashmi Malhotra	29
Community Connect	
Our Guiding Verse	31
About Our Members	31
Upcoming Courses from the Members of our Community	32
Know our Members	33
Offerings from the Association	
Looking Back with Gratitude	41
Looking Forward	46
We are Grateful	48
The Bridge Verse	49

Team

Sandhya Durai



Sandhya is a Biography Consultant and is striving to bring Biography Work to organizations and people who work in them. She is being mentored by Karl-Heinz Finke to become a Biography Trainer.

She is the co-Founder of the Association for Holistic Biography Work along with Rashmi Malhotra, a space for Biography students and practitioners all over the world to connect, enrich, support and grow.

She has co-founded Bodhi, a Biography Work initiative with Sangita Kamath, which conducts Biography Work Training and workshops. She is also a partner in Transform

By Design – India which focuses on people transformation using Biography Work and Design Thinking along with other methodologies

Rashmi Malhotra



It's said that mother is the first teacher of the child. For Rashmi, it just went the other way round, for Anthroposophy came her way due to her son. It was a meeting with his teacher who was working with Anthroposophy that introduced her to this Spiritual Science. A few study group meetings opened the vast subject.

A psychologist by profession, she is also trained in Extra Lesson and now a Biography trainer. She is using Biography work to transform lives of many through individual consultations and group work.

She & Sandhya founded the Association for Holistic Biography Work in 2019 and are now working, in surrender, to nurture it.

Rakhee Mathur



Rakhee Mathur is in the 46th year in her Biography, settled in Bangalore, India. She is married and a mother of two teenaged children. Following her passion for Art and Psychology, she is currently working in the space of Counselling and Art therapy after having worked in corporate sector for many years.

Around the second lunar node, Biography work and Anthroposophical Art Therapy came to her, as an answer to her life's calling for integrating art, psychology and spirituality in her life and in work. She has completed her Biography Training with Karl Heinze Finke and Anthroposophical Art Therapy with Caroline Chanter (Head of Rudolf Steiner Painting School, Dornarch, Switzerland) in 2018. She is a learner for life and a student of Anthroposophy. She works with individuals and groups in clinical as well as salutogenic settings.



A Note from the Founders

Dear Members,

Greetings!

As we look back at the year 2022, we see a roller coaster with huge ups and downs. Each one exciting and scary at the same time. There were many moments of deep connections with associations and organizations worldwide followed by long moments of silence and reflection. WBC happened. Biography practitioners met from all over the world in Finland. The Finnish hosted all with warmth and love. So many important learnings and messages were shared. Association also could be a part of it and put up an exhibition of Biography work across the world. The need for having a home for the Biography community was felt even more strongly and we do hope that all of us continue to have a space to connect, in all times.

Dr.Gudrun's crossing of the threshold in September, around Michaelmas was a loss and an inspiration at the same time. The Association feels blessed to have received a message from her for our first Gathering. We look for her guidance from the Spiritual World.

We also hosted our own learning circle – a closed group for peer learning which completed its first cycle in December and will now be opening again in 2023 to start its new cycle.

As we move forward into the coming year, our resolve to hold the space for biography practitioners to connect, share and grow gets even more stronger. Our journey may be slow and with long pauses, but it is still on. For each contributes to the life journey in it's own way, and in it's own time.

Hope to connect with many more of you.

Love & Light,

Rashmi & Sandhya

Contributions



Attitudes, Techniques and Tools for Holistic Biography Work

- *Karl-Heinz Finke*

Archetype and Use of the Panorama Chart – Part 3 (Concluding Part)

Please note: This is the 5th chapter from a manual I am writing on **Attitudes, Techniques and Tools for Holistic Biography Work**. The target audience are students on our trainings, and colleagues working with the Theory and Methodology of Biography Work.

I am interested to get some feedback on the content and accessibility of this text.

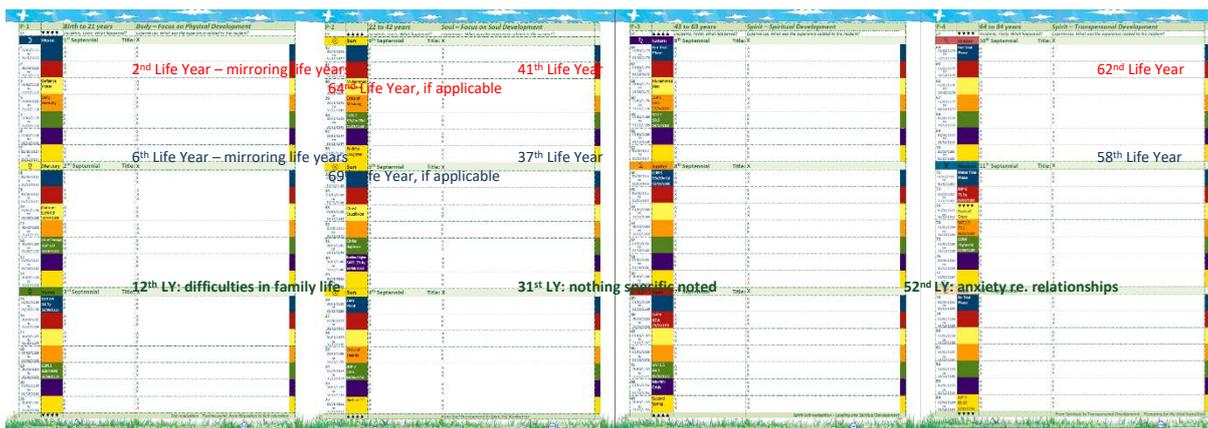
Canberra, 30th November 2021, Karl-Heinz Finke

5-5 The Panorama Chart as a Diagnostic Tool

As the rows in the 9 and 12-Field-Charts indicate, **Mirrorings** can in principle emerge between the following Phases: 1-6-9+10, 2-5-8+11 and 3-4-7+12. They also emerge in the respective life years within the mirrored septennials. Knowing about **Mirrorings** between phases or life-years offers Companions and consultants a tool to explore origins of presenting phenomena. Using the Incident or the Feeling-Bridge to explore interconnections.

Example: A Speaker in their 52nd life-year describes unusual emotional challenges. To explore possible roots one can look at the mirroring life years: 52 -> 31 -> 12. Challenging experiences in the earlier mirroring years could lead to the manifestation in the later years. See image below.

5-5.1 Using Mirroring of Life Years



5-5.2 Using the Functional 3-Foldness and Incarnation & Excarnation

Spiritual Science introduces a 3-fold Functional Structure of the Human Being. These are the –

- | | |
|---|-----|
| Nerve-Sense-System (e.g. brain, nerves) | NSS |
| Rhythmical-System (e.g. heart, lung) | RHS |
| Metabolic-Limb-System (e.g. gut, sexual organs) | MLS |

Physical Development	Soul Development	Spiritual Development
↓ 1 st Septennial ↓ Physical-body ↓ 7 Nerve-Sense-System – NSS	42 6 th Septennial ↑ Consciousness-soul ↑ ↑	63 9 th Septennial ↑ Spirit-human ↑ ↑ Nerve-Sense-System – NSS
↓ 2 nd Septennial ↓ Etheric-body	35 5 th Septennial ↑ Intellectual-mind-soul	56 8 th Septennial ↑ Life-spirit
↓ = Life-year 12 = - - - - - =	↑ = Life-year 31 - - - - - - -	↑ = Life-year 52 = - - - - - =
14 Rhythmical-System – RHS	↑	↑ Rhythmical-System – RHS
↓ 3 rd Septennial ↓ Astral-body ↓ 21 Metabolic-Limb-Syst. – MLS	28 4 th Septennial ↑ Sentient-soul ↑ ↑	49 7 th Septennial ↑ Spirit-self ↑ ↑ Metabolic-Limb-Syst. – MLS
Incarnation	Incarnation ← ● → Excarnation	Excarnation
Incarnation into NSS – RHS – MLS		Excarnation from MLS – RHS – NSS

The table above depicts the interconnection between Phases or Septennials, the **Incarnation** into the Functional 3-Foldness of the Human body, and the **Excarnation**. In Septennials 1 to 3 the incarnating "I" takes hold of the Nerve-Sense, the Rhythmical and the Metabolic-Limb-System. Constitutional weaknesses or developmental challenges met during the time then specific system was in the focus of development and incarnation, can lead to challenges in the related system and its organs during the excarnating process in the mirroring septennial.

Examples: Stress and a-rhythmical living conditions in the 2nd Septennial, can manifest as heart or breathing issues in the 8th Septennial.

Issues with our sensing organs become more prevalent from in the late 50ties and early 60ties of our lives – then excarnation starts. Thereby mirroring the incarnation in the 1st Septennial.

Note: This article is in 3 parts. This is the concluding part.

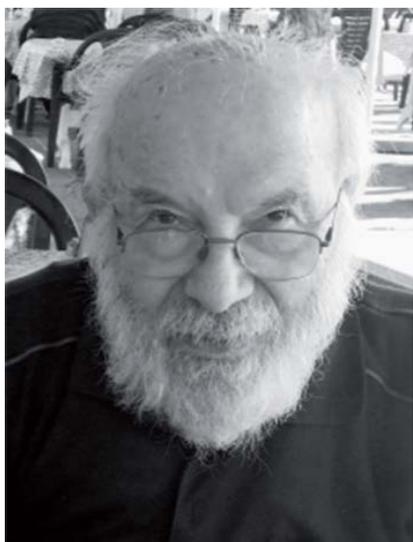
About the Author: Karl-Heinz Finke



Experienced Teacher of Biography Work world-wide, active since 1998. Has graduates from 22 three-year Training Programs in Biographical Consultancy, with another 8 trainings currently in progress, including Online. Has studied Adult Education, Anthroposophy, Psychology, Psychotherapy and Social Sciences. His teachers included: Gudrun Burkhard, Coenraad van Houten and Helmut ten Seithoff. His own teaching supports self-reflection, self-guidance, resilience and the strengthening of the 'I' within. Co-author, with Laura, of the Biography Log-book. Is working on a manual describing the tools and methodology of Holistic Biography Work.

Zvi Briger (1933 – 2020): A Man of Truth - Part 1 - Transforming Anthroposophy into Biography Part 3 (concluding part)

- *Orna Ben Dor*



The last Concession

“Are you afraid to die?”

“No, I am not afraid, I am already there, detached from my body, like the angels.”

Zvi was 86 years old when he died. Despite his poor physical state, he was crystal clear in his mind, and from one year to the other his spiritual research became deeper and deeper and more difficult to grasp. We, his students, did not anticipate his sudden death. As usual he was in the midst of constructing the next workshop for us and for the world. In our last conversation, several days before the destined workshop, I asked him, as was my custom, what is the subject matter this time. He replied that he understood something important about the “I” and the angels, and in regards to how, unlike humans, the bodies of the angels are not on the same plane as their “I”. I knew what he was referring to; I too had read the materials many times, but my understanding was not his understanding. When a certain question regarding something Steiner wrote got a hold of Zvi, he was relentless until he reached the deepest understanding and retrieved from it new insights into the understanding of the universe and man.

No issue stood a chance facing the tenacity, diligence and resolve with which he approached it. Zvi never regarded Steiner’s words simplistically. Much like “CHAZAL”, the Hebrew sages, who inquired into and researched the Tora, he continuously researched and inquired and constantly found in the words novelty and inspiration. (When I began writing books based on his workshops, each of those concentrated two hours turned into a chapter in a book. Ten years of research turned into ten books, some of which we study in the framework of our training at the ‘Hotam’ School.)

In that conversation I asked him directly, as was our manner, “Are you afraid to die?” and he answered – “No, I am not afraid, I am already there, detached from my body, like the angels.” Zvi always knew how to transform Anthroposophy into Biography. And still, the realization hadn’t come to me.

I really waited for Thursday, our regular workshop day for about ten years. I wanted to hear the crowning of his research of the “I”. Zvi was accustomed to writing his lessons out by hand, in a Hebrew peppered with his mother tongue, French, and English, and German – which he chose in high-school with no apparent reason, while all of his friends chose other subjects. Zvi saw the guiding hand of fate in this, so that he would be able to, when the time comes, read Steiner’s writings in the original language. Zvi wrote the material for his workshops on a common pad of paper, symbolic of his modesty, his typical lack of self-importance and the simplicity with which he lived his life.

That week I had a dream: in my dream Zvi came to my house to convey an important lesson, a summary of sorts. The house was a mess, mostly strewn with art supplies. Quietly, without saying anything to me, Zvi began to tidy up so that we could work without distractions. At a certain point he took out a small bun, brown, whole wheat. Very basic food, that serves also as offering. I ran to the kitchen to find some spread, to add flavor to his bun, but the kitchen too was in disarray and I couldn't find any appropriate spread. Meanwhile, precious time had gone to waste. Only several days later did I understand that Zvi came to summarize the knowledge he had given me throughout the years and that I must not waste time on distractions. And still I repressed the message.

Prior to our last conversation I called him several times. This time not for support – but to offer support. Zvi did not answer. I called Aviv, his grandson, to ask him if Zvi was in proper condition, he said he was and offered me the family trick; let it ring twice then hang up, then call again. I used it and then he answered and said, "I knew it was you ringing all these past two weeks, but I had no strength, and I had nothing to give you." I wanted to tell him that this time I called to offer support. And I did support him. And I was glad that I did. That conversation was our last one.

And now he is gone. The last workshop that was supposed to take place on Thursday was "given" at the cemetery, at his funeral. A simple, modest funeral but there was a sense of uplifting – just as the man had lived his life.

With Zvi's passing, I was burdened by the question: why did he pass away two days before the workshop he had labored on so for two whole months? Why didn't he pass on that workshop and then pass away? Within a few days at least part of the answer became clear to me. Zvi never preferred the esthetic over the ethic, the pretty over the truth. And so in his death he didn't bother with seamlessly, aesthetically, closing his life's circle. This is but a partial answer and it was followed by deeper insight. Through all the years I knew him, and especially in the last ten years, Zvi tried to release his grip on physical and emotional things, in preparation for the spiritual world. He did so with great success. The last grip he had on this world, the things he had been living for in the past ten years as his health deteriorated, were these workshops he taught. His departure two days before the workshop was scheduled was the final release. Zvi let go of all that he could still realize in this world, including his life's work, the spiritual workshops. And so he went, whole-hearted, before his lord. *

* And when Abram was ninety years old and nine, the LORD appeared to Abram, and said unto him: 'I am God Almighty; walk before Me, and be thou wholehearted. (Genesis XVII, 1)
Noah was in his generations a man righteous and whole-hearted; Noah walked with God. (Genesis VI, 9)

Students talk about Zvi

Michal Huler:

I met Zvi – a Spiritual Science researcher – seven years ago, and was fortunate to be his student since. In his classes there were matrices, vectors, angles, functions and flowcharts of data conveyance and more. Each character and event received an English letter and the Hierarchies, as the members of matrices, appropriately received in addition two indexes as well. Apparently, it was all clear, my Karma had made sure I would understand the language, having studied mathematics and physics. But there was a very deceiving cloak. These were not purely scientific studies and they were not in continuation to the preparation I had had. As if in a sanctification process, the studies descended into the depth of

my soul more and more. The exercises Zvi gave in his workshops (that is what he called them) were “problems” with infinite solutions. Every time I do the exercise, another new “solution” that was never consciously present in me before, reveals itself. Zvi shared the most intimate details of his life, as if they were study materials, and there, in those spaces did I find out how alike we were, practically siblings, despite our very different biographies.

In the first lesson of this year, that was also the one before last, Zvi gave me a key to the perpetuity sensation of the “I”. It is a sensation found deep in the heart and isn’t something abstract, like the word “eternity”. Here is the key: when do we feel eternity? For example, when we face an unresolved existential problem and feel it will never be resolved or when we understand and experience a sin we committed against another person and feel we shall never be forgiven (Kamaloka state in life). There, in these most difficult places do we experience eternity. I know I will meet my teacher again, in the spiritual worlds and in future incarnations, with love. And still I miss him and mourn his departure.

Vered Zvili:

Thursday. Descending the steps on Moria st. one step, and another, till the entrance to the house that to me, feels each and every time, like the basement of consciousness, a temple where the knowledge of man is stored and given to whomever is brave enough to come, to hear, to quest and to know. The group members enter one by one, settle into their practically fixed places, once on the green chairs, and lately in the affable sitting room that Zvi’s grandson, who is hosting us, had organized. Sitting and waiting. Sitting and waiting in reverence for our teacher. Sitting and waiting for his influencing us to pure thought, to higher consciousness, up-up to the sublime. In between lessons, Zvi dedicated all of his time, his days and his nights, to the preparation for his upcoming workshop. Often, on the day of the workshop, an important detail became apparent to him and turned all of his work and preparation on it’s head, and he – in endless diligence and fearless fidelity to the research into the spiritual world – constructed the workshop over from the start, in accordance to the truth that has been discovered. Zvi shared with us the fruit of his research, asked us biographical questions so that we would bring the insights to precision together, he spoke of himself openly, with honesty, he offered us the events of his life, his feelings, his deliberations, his doubts, he sacrificed his personality on the altar of the evolution of human spirituality, and not for a moment did he fear for his status in our eyes, or in the eyes of the world. He knew who he was and nothing and no one could dispute that in any shape or fashion. A person with bright self-knowledge, lit by spiritual light. A man who’s self and higher “I” are one, and who generously beams himself onto his surroundings, way beyond the room, beyond us, beyond countries, seas and continents, into the universe. In class I felt how consciousness rose to heights. I have not known anywhere else. The joint devotion of the group members, their commitment to silence as much as is humanely possible, all astral distractions, to carry the high of consciousness without escaping into the etheric, to overcome the difficulty when the human physical brain cannot understand sometimes, simply cannot. To put our trust in the spirit and know that what is unclear now will become clear in another time, and that we are probably not in the sufficient spiritual grade, not yet, for certain materials.

No excess words were spoken in the room. Even if a futile word was thrown into the air, Zvi always saw in the situation its deepest essence. Nothing was in vain. The terrestrial always mirroring the spiritual, and for him it wasn’t just his outlook, it was a way of life, it was the prism through which he contemplated the world and lived his life. Many things I learned from him, but today, more than anything else, present is the understanding that to me he is the inspiration to treat my life’s events as study lab materials, there for research and for relentless spiritual evolvment. From him to me flows abundant the longing to develop un-identification with all that forms my personality, and to come

closer, in still silence, to the temple of my being. I was fortunate to be in the presence of a man so very beautiful in the equality between his words and his deeds, was fortunate to look up to the Spirit-Man. For this I am grateful to the spirit world and to my teacher, Orna, that led me to this unique man.

“Now we are going on our several ways, one here, one there, but the light of the spirit for which we are striving and seeking in our darkness, will enable us to be together no matter where we are nor how far we may be separated in space. May the souls present here feel this communion when afterwards they meditate upon what they have heard or when they live over again the mutual love that has been shown. We have been together physically, but this will not always be so. We are together super-sensibly. Let us learn so to be together super-sensibly, that we may bear forcible witness to the existence of the super-sensible, of the super-physical world! 3

Shmuel Ben Ish:

I heard of Zvi some time before meeting him, as Orna used to bring to Biography lessons exercises Zvi had taught her and she would say “this is from the session with Zvi”. The exercises were simple and yet so deep that I understood that I want to meet and study with this man called Zvi. Arriving at the first lesson I did not know what to expect – Anthroposophy I loved, Anthroposophists I had met along the way, a little bit less... they always seemed too distant to me, these temples of wisdom that are touched by nothing. Zvi introduced me to another world, loaded with infinite knowledge and wisdom on one hand, and on the other hand working with emotions as the major research tool.

Zvi Was not lenient and demanded vigorous internal work, sometimes to the point of embarrassment, when our answers would lack sincerity. I tried to figure out what was it that so enticed me to arrive to class (“workshop” he used to call it) once every three weeks. Beyond the knowledge and beyond the internal understanding, it was Zvi’s ability to make us, his students, “scrape the insides of the brain with a spoon”, work the brain and stretch it like an infinite muscle. Over the years Zvi asked to broaden the gap between the sessions, because he will not be able to prepare the next workshop, which he would read out of his green notebook, scribbled out by his hand, going through the pages back and forth. The physical effort appeared to have become difficult for him, but the sharpness and the keenness accompanied him to his last day. I knew I had the fortune to meet a spiritual teacher for whom truth and Anthroposophy were a guiding light. When I heard of his passing, I laughed in my heart that of all the people that passed the threshold, he will be the least surprised. Thank you, Zvi, for the knowledge, thank you for the experience.

Yael Armony:

Dear Zvi, I would like to write you words of fare well, though personally I only met you twice, your presence in the world and that of your spiritual research had decisive effect on my life and on my opportunities to meet and fulfill my spiritual vocation. 10 years ago, I began Biographical Counselling studies with my teacher Orna, your pupil and successor. Your name was mentioned right at the first lesson, and from then until now, practically in every lesson. I portrayed your image as a prophet or an ancient day Initiate, living modestly, devoting all of his days and nights to God’s work, offering his prophetic words with devoutness and dedication, to the few believers willing to listen. I remember my first encounter, in the first year, with the subject of “The Karmic Imperative and it’s Fulfillment” – one of the major and important subjects you developed in your spiritual research, based on Steiner’s materials. It was a stirring encounter for me. I was a young woman then, 35 years of age, coming from a completely different world view, and the encounter with “The Karmic Imperative” demanded an incisive encounter with the question of “evil”, my evil, with the question of recurring life and Karma,

with the spiritual world. I felt like my world was being rocked, there was a part of me that wanted to get up and run away, and another part of me, not entirely aware, my higher “I”, knew that this was an encounter with life changing knowledge, that this is essential nutrition for me. I stayed. Since then many years have passed, I got to study your materials over again, in Orna’s classes, through our school’s workbooks, through listening to the audio of all of your classes. Today, as a teacher at the ‘Hotam’ School, I have the privilege to be included in developing this knowledge and even passing it on and teaching others.

When I received the news of your death, the first emotion that arose in me was dread. What will happen now? The next day I went to the funeral, and the angst made way for new emotions, the atmosphere and the words said by Orna and your two sons, filled me with the feeling of festivity and awe. I remembered the saying that when we cry in the terrestrial world for someone that dies and leaves this earth, in the spiritual world, his birth is celebrated. I understood that you are not dead, you crossed a threshold, ascended a stage, and along with you all of us, everyone that belongs to this impulse is called on to progress to the next phase.

I was moved and filled with a sense of responsibility. Dear Zvi, I would like to thank you for your devotion, for the very original very living thought, through which you brought to life Steiner’s material for us, for the inspiration you gave and for your great sacrifice. You planted seeds in the world and through Orna, that for years has made sure to spread them, nurture and grow them, they sprout and grow here and in many other places, worldwide. Now, as you continue your journey beyond the threshold, in the spiritual world, I want to promise you that here, in the terrestrial one, myself and many more like me are committed to keep walking the path.

Last words (on the terrestrial plane) from me to Zvi:

Dear Zvi, the spiritual world and we, here on the earthly one, know how indebted we are to you for this spiritual path and for your immense research into Biography. To transform Anthroposophy into practical, methodical, Biography, that one can work with and advance with it in spiritual evolution – this and much more you gave us. The fearlessness, tremendous inspiration and might to engage in the most important issue of our time – the question of Evil, not in the outside world but within us, gave our school this very important impulse which I now teach worldwide.

There is no Biographical Counselling like yours. And people have sensed this. In Hungary, Spain, The Netherlands, The United States and Canada, in Switzerland, all probability in more places in the future – your message is coming through. People thirst for live knowledge, for the knowledge of truth. You would always modestly reply “it isn’t mine” when people told you your workshop was eye and heart opening, “it’s all Steiner.” That is not accurate, Zvi, it was not all Steiner. You too were breaking new ground, compatible to the time and place in which we live. And small me, was fortunate. Fortunate to be your right hand. To be the one that took what you gave, made it accessible and passed it on. And there are already many teachers, counsellors and students that are really your sons and daughters, your successors. Your life was not in vain. You are a shining star in the heavens and on earth. Your work thrills universes. The importance of what you brought to the evolution of man and earth is priceless. There are no words to describe the gratitude we feel to you for all you leave behind. More than anything – you were a man, a representative of the human. The Diligence, persistence and stubbornness, the wisdom and spirituality – the ability to withstand great suffering, physical and mental, and not complain and not to think – why me? Never blaming others. Being prepared to pay for elevation with lowering, for the inspiration in suffering. That is you – the symbol of superior sacrifice.

And personally, my Zvi – an eternal covenant, a pact in spirit was formed between us forever. You always presented me a mirror of my higher self and higher purpose, even in the darkest moments. I know you didn't truly leave. You are living in spirit. You live in us. You are our teacher. Rest in peace, and after a journey and rest in the spirit world, come back here. Earth will need you more than ever. Love, Orna.

About Orna Ben Dor

An experienced Biographical Counselor, Orna Ben Dor is the founder and leader of 'Hotam School'. Investigating, developing and teaching the subject of Karma and Biography for many years, both in Israel and around the world.

*Translation: Anna Feldman

*proofreading: Sarah Patnum

1 Rudolf Steiner, Inner Realities of Evolution, GA 132.

2 I would like to mention that all of the names of Zvi's workshops were given by me and always at the end of each year.

3 Steiner, Initiation, Eternity and the Passing Moment, lecture 12

Note: This article is in 3 parts. This is the concluding part.

About the Author: Orna BenDor



An experienced Biographical Counselor, Orna Ben Dor is the founder and leader of 'Hotam School'. Investigating, developing and teaching the subject of Karma and Biography for many years, both in Israel and around the world.

My Encounter with Blavatsky – A Biographical Analysis

- *Ciomara Gonçalves*

The trajectory of formation of the Biographical Advisor presupposes, as a rule, a permanent delving into our own biography, connecting the loose ends of life, rescuing, understanding, and resignifying our biographical trajectory. This path is deeply enriched by sharing biographies among classmates. At Trinus Formação Biográfica, we have a particularly interesting practice which is to study the biography of a renowned personality, in the light of anthroposophic Biographical Research.

I had no personality of interest, and that's when I came across Blavatsky. I remembered some very old books, inherited from my father. Among them, is the biography of Helena Blavatsky, which I had never read. These books were forbidden to the uninitiated. I was born and raised in an esoteric cradle and the experience of spirituality is the guiding thread of my own biography. My father, despite his low level of education, belonged to three esoteric schools, where he studied and practiced intensively the teachings of the Theosophical Society and its ramifications. I realize how touched I have been by the courage and purpose of this celebrated and controversial 19th-century mystic. HPB, as she liked to be called, was a strong and irreverent woman, with an unimaginable trajectory for any woman of her time, she/who traveled through many countries and met different peoples, cultures, and beliefs, all of which contributed to her spiritual journey. She was a great scholar of the occult. She was endowed with impressive paranormal abilities. A truth-seeker who wanted to prove the existence of the spiritual world, to promote universal brotherhood founded the Theosophical Society, a philosophical organization that remains alive to the present day.

Helena Petrovna Blavatsky was born on August 12th, 1831 in Dnepropetrovsk (Ekaterisnolav), now the territory of Ukraine. Her given name was Helena Petrovna Van Hahn. Known worldwide as Madame Blavatsky, her husband's surname, she also liked to be called HPB.

Helena Blavatsky descends from a line of noble and ancient families in Russia.

In her maternal lineage, she inherited the determination of self-taught women feminists, who became polyglots, artists, writers, and scientists, at a time when they did not accept women in schools and the opportunities for men and women were different. Her maternal great-grandfather had a large library with occult themes, a fact that had a great influence on her life.

The paternal lineage was descended from the German aristocracy, and his father was Captain of the Russian Horse Cavalry; a learned man, an avid reader, but who regarded religion and occult things as superstitions.

Blavatsky's family nest was very loving. She was cared for and homeschooled by her mother, with a strong influence from her maternal grandparents. Blavatsky's father traveled a lot because of his work in the army. She had three younger brothers, Sasha (who died newborn), Vera, and Leonid.

His birth was surrounded by good and bad omens, which already announced the theme of spirituality that was the red thread of his life.

From a young age, she became accustomed to a life of travel and contact with different peoples and cultures. These first seven years were considered a very happy period: The world is good! Despite all the happiness, as a child, she experienced challenging feelings such as: at the age of 2, the death of her newborn brother Sasha, and the birth of her sister Vera when she was 3 and a half years old. At the age of 5, the family moves in with their maternal grandparents, in Saint Petersburg, after a 1,500 km trip in horse-drawn vehicles. Already at this age, she had contact with an Eastern religion for the first time when she slept in

the Calmuques Buddhist camp and learned about nomadic life in the desert while accompanying her grandfather on a work trip. Still in the first seven years of her life, she presents a great ability to music.

In her second septennium, Blavatsky's angry temper emerges. It enabled her to deal with the information that came to her from the spiritual world and announced the call to what would become her role in the material world. She was a strange girl, sometimes metaphysical, sometimes mystical, who said what she thought to people's faces. That was something unthinkable socially at that time and had consequences.

When HPB was 8, her mother got sick, and she became pregnant again. HPB went back to living with her maternal grandparents. It is an environment of great joy and her mother soon improved. Already at the age of 9, she expressed indifference to nobility and sympathy for the poorest. Kind and bold, she helped the needy, but she did not accept the injuries to herself. At this age, her brother Leonid was born. But in the following year, her mother died at the age of 29, and her family moves to Saratov definitively. On this trip, the carriages were replaced by camels, for the joy of the children, who experienced nomadic life in the desert. Still, at 10, HPB begins to study German.

In the basement of the mansion where they lived, Blavatsky created her own "Hall of Liberty", a refuge where she read the book *The Wisdom of Solomon*. At that time, Helena already spoke of reincarnation and had her first paranormal experiences: via consciousness in everything. She meets Baranity Bouyerak, a saint, and magician, with a gift of healing who knew the hidden properties of plants and flowers and predicted the future, foreshadowing the role she would play in the world. She had visions of a mature protector who later she recognized when she found him. Before the age of 15, she read the books of alchemy, magic, and hidden sciences that were in the library inherited from her maternal great-grandfather.

The third seven-year period is remarkable in her search for freedom and shows the transition to a cheerful and provocative young woman, who liked parties but also studied mystical books in her grandfather's library. At the age of 16, HPB meets the mystic Alexander Golitsyn with whom she talked about mysticism. In her quest for freedom, she married Nikifor Blavatsky, a civil servant much older than she. After 3 months, she left her husband without ever having consummated the marriage, flees as a stowaway on a ship, and begins her first pilgrimages, staying 8 years without giving news to her mother's family. Only her father, whom she trusted, knew her whereabouts and sent her money regularly. She traveled to Turkey, Greece, Egypt, and France. At the age of 20, she was employed as an escort for Countess Bagration, a family friend. With the elderly Countess, she spent many hours confined in the hotel and had deep depression, being taken by a strong desire to die. The apparition of Mahatma Morya, her master, and protector saved her. The Master asked her to stay 3 years in Tibet.

Blavatsky measured no effort, disguised herself as a man, and faced and overcame adversity, and health problems. She also made countless long trips in often challenging conditions, anchored in what she believed to be her role in the world. Much of the events between the third and sixth septennia were deliberately concealed by her. Thus, apparent contradictions about the dates or even the veracity of the facts from her biography arise commonly.

From 21 to 28 years old, she continued traveling in search of knowledge, following the orders of her Master. She travels to Canada, New Orleans (USA), Mexico, South America, the West Indies, and India. She tried to enter Tibet but failed and returned to London via Java. She returned to America with a caravan of immigrants, crossing the Rocky Mountains. HPB stayed in England during the war between England and France and reunited with her Master. She arrived in Calcutta via Japan and the Straits. At the age of 25, she travels throughout India, Kashmir, Ladakh, parts of Tibet, and Burma. She returned to Europe via Java (Indonesia), remaining in France and Germany. She then went back to Russia. At the age of 28, there was

the manifestation of many prodigies, with a diversity of psychic phenomena such as beats, movement of objects and furniture, and messages in other languages. Despite drawing attention to her prodigies, Blavatsky was concerned that they would not surpass the goal of her work, which was to promote the awakening of humanity's consciousness, interest in knowledge, and recognition of the reality of the spiritual world.

In the fifth sevenfold, at the age of 29, HPB traveled to the Caucasus to visit her paternal grandparents, a period when her beloved grandmother died. Blavatsky supported herself by employing various commercial activities. She moved to Mingrelia on the Black Sea Coast. At the age of 33, she contracted a mysterious illness and lost weight until she looked like a skeleton. Then she took full control over her hidden powers and began using her clairvoyance. At the age of 35, she travelled to Iran, Syria, Lebanon, Jerusalem, Egypt, Greece, and Italy and studied the Cabal under the guidance of a rabbi.

At the beginning of her sixth seven-year period, HPB visited Hungary and the Balkans. After a near-death experience in Italy, when she was removed from a pile of corpses during the Battle of Garibaldi, she became more aware of her Higher Self. Still, at 36, she went to Florence, from where she left for the Balkans, and awaited the orders of her Master, who ordered her to go to Constantinople and then to India and Eastern Tibet. At 37, she went to India and Tibet with her Master, Mahatma Koot Hoomi. She spent time learning sanskrit, a sacred language, and improving her English. At the age of 39, she left Tibet and went to Greece and Cyprus, where she met Master Hilarion and other masters of the White Fraternity. A remarkable fact was her trip to Egypt, when she was 40 years old, in a powder-laden ship that sank near the island of Spetsai. She settled in Cairo and then travelled to Syria, Palestine, and Lebanon (1872). She made brief trips to eastern Europe and went to Paris. By her Master's orders, she went to New York, where she applied for citizenship. At that time, she stopped receiving money from her father because he had died, but she did not know. HPB supports herself by using her manual skills, learned in youth. Records of her sister Vera's accounts state that Blavatsky was exquisite in her artistic work, both in music and crafts.

The events and meetings of the seventh seven-year period were decisive for her mission. At the age of 43, HPB met colonel Henry Steel Olcott, whose partnership was instrumental in the creation of the Theosophical Society. Blavatsky was given the task of teaching Henry esoteric philosophy and metaphysics and taught them to two more followers. At 44, she became ill after falling and having an injury in her leg. It was a period of depression and internal trial, during which she experienced insecurity about her future. She subsequently founded the Theosophical Society. At the age of 46, she published her first major work, *Isis Unveiled*. At 48, she launched his first magazine, *The Theosophist*. At the end of these seven years, at the age of 49, many paranormal phenomena occurred. Accompanied by Olcott, she travelled through many northern cities and towns in India; she contracted Punjab fever and dengue, excruciating diseases.

At the age of 51, Blavatsky went to Madras with Olcott. Before moving to Madras, she became very ill with nephritis and almost died. She transferred the headquarters of the Theosophical Society from Bombay to Adyar, Madras (present-day Chennai), India. The following year, she devoted time to the newspaper *The Theosophist* and worked intensively in the Secret Doctrine. At 53, she became very ill, and the doctors gave her the ultimatum to take care of her health. Blavatsky went to Europe with Olcott and other followers. She left India and went to Marseilles and settled for a while in Paris. She became very ill and received a visit from Sister Vera and Aunt Nadya. At the same time, she suffered a major setback in her life when she was accused of fraud in her phenomenon and had her work disqualified publicly. Despite suffering greatly, HPB left the direction of S.T. and moved to Elberfeld in Germany. She went to London and India. At the age of 54, she left India for good and settled in Würzburg, where she wrote much of the Secret Doctrine. The following year, she moved to Ostend. At the end of this seven-year, she moved to London, where the

Blavatsky Lodge operated. She wrote all the time in critical health conditions and launched her second magazine, Lucifer the Bearer of Light.

In her last seven years, at the age of 57, she published The Secret Doctrine in late autumn and founded the Esoteric School. The following year, she published The Key to Theosophy and The Voice of Silence. At age of 59, in 1890, she established the European headquarters of S.T. on Ave Road, 19, London. She died on 8 May in England, three months before her 60th birthday.

There are many more relevant and thought-provoking facts in her biography that do not fit in this short account, and many learnings related to the biographical laws. Many events in her life have caught my attention: the repetition of events of serious illnesses followed by evolution in their spiritual consciousness, the choice of unusual paths and the deviations of the route in her travels, the karmic encounters with the Mahatmas of the White Fraternity still incarnate, her incredible ability for clairvoyance and clairaudience that enabled her written legacy. All this was done by a woman of noble origin, at a time of little or no female protagonism.

The choice to study the biography of HPB reconnected me with my path in the spiritual search and has made me reflect on aspects of my individuality that are mirrored in this choice. Having been considered a kind of Mahatma by her followers and, on the other hand, a fake by her opponents, one of my main challenges was to listen to her beyond what her biographers thought about her, exercising the sense of the Other Self, openly and lovingly. For this, I connected with the phenomena lived in my own home, and with what I found most luminous in her biography. I believe that HPB did have impressive paranormal abilities, and she was genuinely a truth-seeker, who wanted to prove the existence of the spiritual world and promote universal brotherhood, even if mistakes have occurred in this trajectory. In this sense, I am grateful for the personal learning provided by her beautiful biography.

About the Author: *Ciomara Gonçalves*



Brazilian, social worker, has a master's degree in Preventive Medicine and lives on a permanent apprenticeship. She worked in the public health area for 18 years, and in the oil industry for 16 years, in the health and development of leaders and teams. She made her career transition on October/2020 and currently facilitates the development of people and groups, sharing Non-Violent Communication, U Theory, conducting coaching processes, and guiding young people in their career choice phase. She has been training as a Biographical Counselor at Trinus Formação Biográfica,

Have You Already Accomplished The Masterpiece Of Your Life?

- *Alexandra Mettrau*

In 1995 I was 24-25 years old and went, all young and tough, to see the MARVELOUS "melodramatic" movie that made me cry profusely from beginning to end: The Bridges of Madison. I have never forgotten Clint Eastwood's line in the role of Robert Kinkaid: "I have the impression that everything I have ever done was to get to you"(1).

It's not hard to guess the situation: they love each other, and Robert understands that his whole life has led him to one day find and love this woman. At the time I didn't quite understand the full significance of this, but I immediately recognized that there was a greater truth there than the whole context in which it presented itself.

Haven't you ever had a moment in your life when suddenly you had the perception that everything made sense; that seemingly unconnected events had a connection that made you arrive at that time and place to go through what you were experiencing and to do what you were doing?

It is usually a lapse of time, but it means a whole existence, and depending on the attention we pay to this moment, it can gradually fade away until we forget about it, or it can become the driving force for many new searches and achievements.

Well, that's how this line has resonated in me ever since, as a certainty that there is something to be achieved, to be accomplished. Something that will give meaning to my whole trajectory, not that I considered it meaningless at the time, it was just that I didn't yet grasp its direction and significance.

I consider myself very fortunate to have experienced this a few times in my life, and there was one in particular that was and still is extremely powerful. The warm enthusiasm along with a sense of fullness, gratitude and love, with the understanding and certainty that everything I have lived, sought and learned, and all that I have become, personally and professionally, converges towards the realization of the great work of my life: the Living Economy Training.

It is a perception that is difficult to explain because it is a clarity accompanied by an enthusiasm and a strength to go on, the certainty that this is why I am on this planet, at this moment; when I think about why I studied everything I studied, all the courses I took, everything I worked on: art, biology, law, psychology, Anthroposophy, all the places and people I met, I definitely know that everything I did was to create this Training, everything I AM converges towards this realization and this is the purpose of my life, this is my masterpiece. Not that it is the only one or the last, but it is the reason why I am here in this world; before it all was learning, after it everything will be bonus.

So, what is the Living Economy Training?

It is a formation that has brought together 3 people with different and complementary backgrounds and who recognize themselves carrying out their great life's work together: me, Alexandra, on bringing together art with natural, soul and social sciences, permeated and integrated by spirituality, providing the broadening of perception of the world and of oneself and the realization of free and responsible connections; Rodrigo Ventre with his experience of financial life and Rudolf Steiner's social three-folding in the work with individual and organizational processes, promoting fraternal relationships based on "win-

win" in the economy and; Luciana Pinheiro with the connection between aesthetics and ethics, providing interpersonal encounters that perceive and revere the individual essence and encourage its expression in human actions and relationships.

It is a training that is based on the certainty that each person has a great work to accomplish, and aims to promote the means for individual awareness of this and its achievement.

And that it also has as a principle the certainty that the encounter is healing and transforming, and that the economy is the stage where encounters can be objectively measured and analyzed, providing the perception of everyone's needs and possibilities, in order to transform competitive "win/lose" relationships into cooperative relationships where everyone involved and society win.

Since the beginning of the first group we trained, in August 2017, we have gone through challenges and changes, and we have seen the training expand into a network created by the students, with the goal of integrating people and initiatives that want to act from this movement created and grounded in the Living Economy Training.

We said goodbye to Luciana Pinheiro, whose profound contribution strengthened the structural pillars of the Training, but who went on to pour all her wealth into other initiatives and personal projects.

Reverently proud, we invited and welcomed Rodrigo Bergami, who graduated in the first group, to work with us in the coordination, continuously instigating us to question and update the formation and the network, with his accurate and systemic observation, his inquisitive and assertive look at the social and organizational processes, and his contemporary objectivity.

Along with the world, we went through the pandemic of COVID19 and had to learn to adapt and create our performance in an asynchronous way, which moved and excited us to take a new step. Now we are Living Economy and we are creating the ODL Training. And once again everything made sense and confirmed as the purpose of what has happened to me in this journey since the first feeling, when we were still planning our start. This brings the opportunity to go beyond physical and language barriers and realize a cosmopolitan Micaelic movement towards new economic forms in a prosperous, inclusive, free and regenerative society.

And you, have you already accomplished the masterpiece of your life?

If you are interested in learning more about the Living Economy? Visit our website and social media:

Website - <https://economyviva.com/formacao-em-economia-viva/>

Instagram - @economyviva

- (1) - The complete line from Robert Kincaid, played by Clint Eastwood, to Francesca, Meryl Streep's character is: "That's why I'm on this planet, right now, Francesca. Not to travel or to take pictures, but to love you. Now I know. When I think about why I photograph, the only reason that comes to mind is that I have spent my life trying to get here. I have the impression that everything I have done up to now has been to get to you. Credits: Google and YouTube

About the Author: *Alexandra Mettrau*



Multidisciplinary anthroposophical researcher, adult educator, biographical counselor, writer, and artist. Graduated in Psychology and Law, she also studied Biological Sciences. She has experience in public management and monitoring social and organizational projects. Specialized in human development processes, she is passionate about understanding the laws of nature and humans, and uses artistic techniques, mythology, and images in her work. She works as a teacher in anthroposophical based courses and trainings in Brazil and around the world, being the coordinator and teacher of Trinus Biographical Training in Rio de Janeiro and Training in Living Economy. She teaches courses related to the integral formation of adults with emphasis on the expansion of self-awareness for a free and responsible action. She works as a

Biographical Counselor and Clinical Psychologist in group and individual work, in the office or in immersion. She is a mentor and supervisor in biographical counseling, and a facilitator and consultant in biographical and artistic experiences and dynamics.

Biography Work after the 3rd Lunar Node Excarnation, Spiritualisation and the Fire, Water & Air Trials

- *Karl-Heinz Finke*

In working with groups and individuals for over 25 years, we have discovered correlations between the trials a person meets on a path of inner or spritual development, and the typical challenges during the life-phases after 56, that is after the 3rd Lunar Node. With aging comes excarnation as the physical body weakens and so does the individuality’s bond with their physical-body. The time after 56 years can be viewed as a time of letting go of strong connection with the physical body, or in other words excarnation and spiritualisation. On the path to spiritualisation, or Initiation through Life, trials can be experienced which esoteric schools would describe as part of an initiation path. The following paragraphs will present the connection between Initiation through Life and what may be seen as Initiation through Maturing.

Illustration: The Trials related to Septennials after 56

Physical Development	Soul Development	Spiritual Development	Transpersonal Development
↓ 1 st Septennial 7 Physical-body	42 6 th Septennial ↘ ↑ Consciousness-soul	63 9 th Septennial ↑ Spirit-human Fire Trials	↓ 10 th Septennial 70 Fire Trials Water Trials
↓ 2 nd Septennial 14 Etheric-body	35 5 th Septennial ↑ Intellectual-mind-soul	56 8 th Septennial ↑ Life-spirit	↓ 11 th Septennial 77 Water Trials
↓ 3 rd Septennial 21 Astral-body ↘	28 4 th Septennial ↗ Sentient-soul	49 7 th Septennial ↗ Spirit-self	↓ 12 th Septennial 84 Air Trials
Incarnation		Excarnation	

Fire Trials

Fire trials are about 'burning away' illusions and mirages and replacing them with truthful pictures or imaginations. They are about farewell dependencies, securities and fond habits. They are about confronting disappointment and loss. Fire trials are experienced as a painful process, but they also contain the possibility to develop self-reliance, courage, steadfastness and the right perspective for the surrounding reality. They are a biographical process and confrontation belonging to the process of aging and maturation. They are, for instance, moments when there is a pending move of house or a change in profession. It is about shedding ballast, about separation from people and things, about detaching from the past, in order to step into something new.

Example: There are houses where the children's bedrooms are still arranged as such, although the children left home twenty or more years ago and now have children themselves. In the attic are their old toys and in the shed are their scooters and bikes. One day, the ever-aging inhabitants will not have the strength to separate themselves from these items. And once they have left or died a radical clean

out takes place. This is an instance where the fire trial, the shedding of ballast and the separation from fond memorabilia has been missed.

Water Trials

Water trials are moments when one loses the ground under one's feet, when usual stability has been lost, and when what was taken for granted does not apply anymore. When walking, it would be the moment when we have one foot on the ground, another in the air, our bodyweight is forward and a backwards step is no longer possible. In order to keep moving forwards, we need to trust that the foot that is in the air will land on the ground.

When external surroundings don't hold or orientate us any longer, we have to find self-orientation inwardly. When we are in the water and lose the ground under our feet, it is helpful not to panic; rather we need to gain self-control and to trust that the water will carry us and that it is possible to swim to new shores. The same applies in biographical situations which ask us to engage with uncharted territory, without panic and prejudice. Panic may arise because such situations are often experienced as a loss of control. As we age, the strength to control and create our outer circumstances diminishes. The result may be that we lose our orientation as we lose control. From a biographical point of view, the relocation from our 'familiar four walls' to another home might be seen as a water trial. As we move, the support that familiar surroundings offered, is lost. Re-orientation and adjusting to new circumstances, a certain 'going with the flow' is now asked for. However, it may happen that we give up and let go totally – or that we rebel and do not face the situation and as a result experience the loss of orientation.

Example: For good, and often financial reasons, the step to leave our familiar walls is often delayed. 'We'll do that when there are no other options.' From a biographical point of view, it is important to take this step consciously, when there is still an overflow of strength and the water trial is overcome in a self-directed way.

Air Trials

Air trials happen out of the blue. They cannot be foreseen, and they prompt us to act with presence of mind, according to our abilities and in tune with the situation. As we age, there are times when it is no longer possible to plan for the next day. Older people begin to live from day to day, which does not mean that they live for the moment or without a plan. However, whether one is able to manage a shopping expedition the next day, can only be decided the next morning, when it is apparent whether enough physical and mental strength are present. Life becomes an air trial, decisions on what is – or is not – possible, are made moment by moment. This is a challenging situation for the social surroundings, which rely on planning, and may lead to tension and resignation with others.

Example: An older couple had joyfully planned a trip to visit relatives, but in the moment when the train pulled into the station, it became clear that they could not manage this trip. A few days later,

they attempted the visit again and managed. If either side had given up, the second attempt would never have taken place.

Conclusion

As you will see from the 12-fold Septennial summary above, Fire Trials may commence in the 9th Septennial and become more acute in the 10th. Questions related to housing and possessions become more urgent. Decisions about work and hobbies, and how we spend our time become necessary. So many choices to make – our increased focus and letting go may feel like a purification process that is part of a Fire Trial. Water Trials may commence in the 10th Septennial when we realise that we do not always have the stamina to forge our own path and may need to take heed of the direction in which life now takes us. In the 11th Septennial, we may need to adapt to the consequences of our earlier decisions, for example, as they relate to housing, retirement, finances, relationships, health and so on. We may feel we are being swept away by circumstance as in a Water Trial. Air Trials are a feature of the 12th Septennial as life becomes less predictable. We might experience moment by moment the impact of life and others around us, and do our best to contribute, out of the presence of mind, to earthly life and its possibilities.

About the Author: *Karl-Heinz Finke*



Experienced Teacher of Biography Work world-wide, active since 1998. Has graduates from 22 three-year Training Programs in Biographical Consultancy, with another 8 trainings currently in progress, including Online. Has studied Adult Education, Anthroposophy, Psychology, Psychotherapy and Social Sciences. His teachers included: Gudrun Burkhard, Coenraad van Houten and Helmut ten Seithoff. His own teaching supports self-reflection, self-guidance, resilience and the strengthening of the 'I' within. Co-author, with Laura, of the Biography Log-book. Is working on a manual describing the tools and methodology of Holistic Biography

Work.

Glimpses of a Finnish Experience

- *Janaki Anant*

It's been more than three months since I returned home after attending the Worldwide biography conference at Helsinki. As I look back at my experiences of being the sole Indian representative, I can clearly see two threads - 1) the "outer" of my experiences of the conference, of what I saw, what I learnt, and what I took away for future practice and 2) the "inner" journey: of plunging down to the depths of self-doubt and despair and being lifted up with some inner strength that I was hitherto unaware of. Tempted as I am, to narrate the inner journey, I realise that it is so entwined and interwoven with my biography that it merits a memoir. Here I share, but a few glimpses of my experiences at the conference.

The eleventh worldwide biography conference was held in the beautiful surroundings of Snellman College, Helsinki, in salubrious summer weather, after three years – the years in which the world and we went through a fundamental change affected by COVID 19. The process of having lived inside this unprecedented change perhaps was the inspiration for the perfect choice of the theme for the conference which was "Islands of Humanity" and we explored "Vulnerable, Incomplete, Limited" as a theme. More than 90 biography practitioners from across the globe attended the conference.

The conference showcased the many different ways of practicing biography work across the world and it was fascinating to see the creative ways of taking biography work to the world. I got an opportunity to present my own work in the biography space – of creating a personal mastery course for management students, in the university where I teach. This opportunity is a very important one, not just for me as an individual, but for biography work in India. Despite the nascence of the movement, major strides were being taken in India, to further the biography impulse.

What struck me most about the conference, was the Finnish fluidity and flexibility. It felt like things just 'flowed', taking shape as they moved. It was only later that I learnt that Finland has a lot of water : 180,000 lakes apart from being the place where the Baltic sea and the White sea meet.

Through the conference, we meditated and reflected on the questions on how we meet the themes of vulnerable, incomplete and limited. Every day began with discussion on the self-reflection questions, around the theme of the day. What amazed me, as it always does in such settings, is how the group work and sharing amongst randomly formed groups, felt highly connected, despite the diversity of cultures and beliefs.

Every evening was devoted to showcasing the culture. The evening that is forever etched in my memory, is the play back theatre, which is a form of improvisational theatre. Members from the audience were asked volunteer a story from their lives, and that was enacted on the spot. It was like one was seeing one's thoughts and emotions come alive and being enacted. It was like watching a personal inside, out.

The last day was a workshop was conducted by the Japanese colleagues, as a precursor to the WBC 2024 which will be held in Japan. From the flexibility of the Finnish team to the precision of Japanese team was a very interesting transition. Every single step of the workshop, was precisely written down, down to

the seconds. The sequence of steps, the time for each step, the method of keeping time everything was precisely defined. Every participant was given an orientation to follow the instructions precisely. Since the number of groups were more than the available Japanese facilitators, some groups were facilitated by the Finnish team. I let my imagination run wild, visualising the rehearsals and practice sessions for the Finnish facilitators!

No story of Finland is complete without mentioning the sauna. Sauna has a central place for the Finnish people and is a sacred and integral part of every Finnish family and so it was, for the conference! I experienced the Finnish wood fired sauna, the traditional Finnish one, including beating oneself with a bunch of fragrant birch leaves. The sauna cabin, was nestled under a beautiful tree, on the edge of the sea. A pre shower, a sauna and jump into the sea , was truly cathartic, refreshing experience at multiple levels.

And one last thing – the day never ended here, both literally and figuratively. There was sun light all the time, and the sun set and rose with little time in between, as if in a hurry to light up the world, as I bonded with my fellow participants, soaking in the warmth and sipping tea well into the night or was it day? I carried back with me fond memories, nuggets of wisdom, an internal invisible shift and vision of spreading the light of biography work.

On the whole, the experiences that stand out for me are

1. The variety of ways in which the biography work is being offered across the world
2. The sheer beauty of the space that was created that enabled deep, meaningful, authentic conversations and experiences
3. The creative and artistic exercises
4. The cultural richness and the spiritual aura of the geography
5. The palpable contrast between the Finnish fluidity and Japanese precision

As for the inner journey, I would just summarise

This journey northward that I have undertaken
Is more a symbol of inner exploration
The phantoms of the past
The sliver of faith
The haunts of a wound
The ray of hope
A journey where I experienced being
Vulnerable, incomplete, limited
All at once
Coming home
A changed person

Sauna



Play back theatre

About the Author: *Janaki Anant*

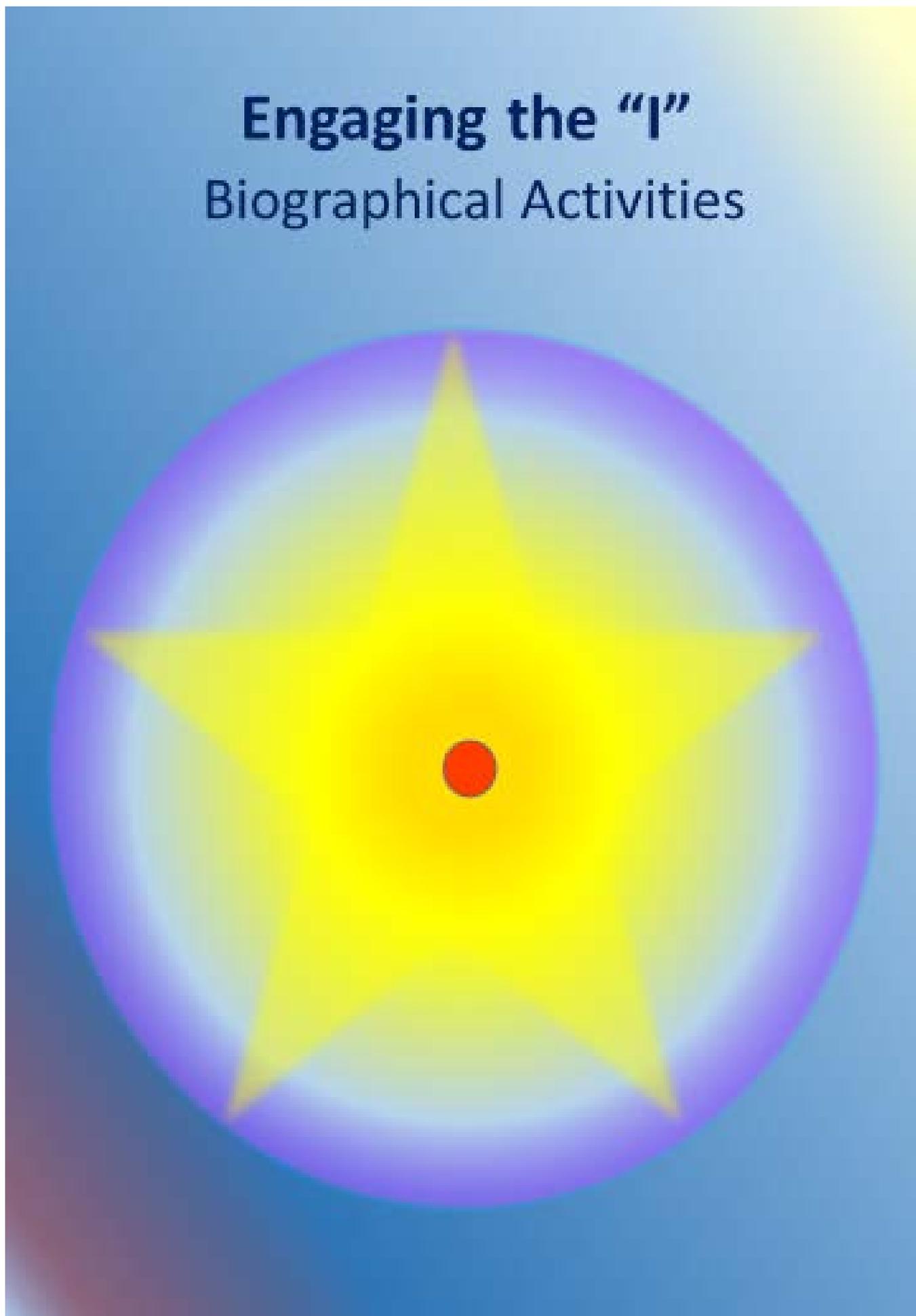


Brought up in a deeply spiritual family with rich Indian heritage, and grounded in the Indic Philosophy, Janaki’s journey of “self- enquiry” began early in her life. She has been carrying the question “Who am I” and has walked several paths of self-enquiry. A pedigree education in management, and an adrenaline pumping corporate career spanning over 25 years put the self-enquiry on the back burner, while she rapidly climbed the corporate ladder. She met Anthroposophy at the age of 48. It was also the time when she had made the most significant shift in her career, having discovered her passion and gift of teaching. She gave up her very senior position in the corporate and became a professor, teaching management to post graduate students.

A Vipassna meditator and a lifelong student of Advaita philosophy, She completed her three year Biography Training and is currently undergoing mentoring under Karl-Heinz Finke.

Engaging the “I”

Biographical Activities



Live with the Question!

-Rashmi Malhotra

*“Be patient toward all that is unsolved in your heart and to try to love the questions themselves
like locked rooms and like books that are written in a very foreign tongue.*

*Do not now seek the answers, which cannot be given you
because you would not be able to live them.*

And the point is, to live everything.

Live the questions now.

Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”

Rainer Maria Rilke

This column is inspired by the quote given above and the importance questions have in Biography work and our lives. They help us explore the unexplored and find our way to what we are looking for.

Given below are a set of biographical questions for all fellow Biography practitioners or any individual interested in looking at their own life story, across the world, to look at, ponder on and be with.

- *Can you imagine an experience of your life where you experienced freedom.*
- *What does freedom mean to you? How does it feel?*
- *How does the experience of freedom feel in your body?*
- *Are you looking freedom from?*
- *What are you asking freedom for?*

Would love to hear your experience of working with the questions.

Biographical Activity

- *Rashmi Malhotra*

Most of us always look at our life story individually. Let us this time pick an important relation in our lives and draw our relation at any three points of time, which we feel were significant for that relation.

At each point, you may draw an important moment that stayed with you. It doesn't have to be a big event. The only criteria is it was important for you. You may draw the outside and inside of the event.

Once you have drawn all three points, keep them in the sequence. Write what comes to you for each point. As you sit with all three along with your write-up, see what do those points bring to you. Be open in seeing what emerges. It may be about different roles you played, needs you had at different times, warmth of the relation, or something completely different.

Community Connect

A healthy social life is found only when,
in the mirror of each soul, the whole
community finds its reflection, and
when, in the whole community, the
virtue of each one is living

~ Rudolf Steiner



Our Guiding Verse

"The new way of initiation is that of Intuition, Intuition which can be found in a group of people who are working together. Steiner says that such a group must be a karmic group. Karma, not only from the past, but, as can also be the case, karma for the future. We build up a karmic group of people, with whom we were never together before, when together with these people we WILL something. "

- Bernard Lievegoed, Towards the 21st Century: Doing the good

This Verse guides our effort in community building and can also be found on your membership card.

Members of Our Community

From the time we started the Association to the date of releasing this magazine, we are

117 members strong

... and counting

We have colleagues from these countries as members of our community

Argentina | Australia | Brazil | Chile | Cuba | Finland | Germany | India | Italy | Israel | Japan | The Netherlands | Philippines | South Africa | Spain | Switzerland | Taiwan | Thailand | UK | Uruguay | USA |

The members of our community fall in four different categories

Associate Members are currently enrolled in a Biography Training globally or experienced a workshop in Biography

Professional Members who have completed some kind of a training in Biography Work

Institutional Members are organizations who use Biography and Anthroposophical concepts in the work they do. These are our **Institutional Members**.

3 World's Creator (Thailand) | Living-Way (Australia) | Skills Beyond Education (India) | Hotam School for Biographical Counseling and Research of Karma (Israel) | Atmatva Foundation (India) | Instituut voor Biografiek (The Netherlands) | New Adult Learning (Canada) | The Center for Biography and Social Art (USA)

Professional Associations are professional bodies of Biography practitioners, across the world. Two Associations have joined us as Association members.

International Association for Steiner/Waldorf Early Childhood Education <https://iaswece.org/home>
Professional Association for Biographical Counsellors, UK <https://www.biographicalcounsellors.org.uk/>

Upcoming Offerings from the Members of Our Community



Living-way...
Holistic Biography Work
... bringing spirit to life

Karl-Heinz Finke
 Laura Summerfield
 mail@HolisticBiographyWork.com
 www.HolisticBiographyWork.com

Join us in 2023 for our –

International Online Training Program in Holistic Biography Work

- A rich, diverse study experience -
- Study Biography Work
 - Reflect on personal life experience
 - Apply anthroposophy in everyday life

Affordable and accessible world-wide

3 years of study & learning lead to the -

Diploma in Biographic Consultancy

- 1-year Certificate in Anthroposophic Studies
- 2-years Certificate in Advanced Anthroposophic Studies

12 Courses –

deepen understanding & enrich self-development –

- Year 1** – Typologies, Mental Health Challenges, Communication Skills, The Helping Conversation.
- Year 2** – Life Encounters & Relationships, Trials & Thresholds, Destiny & Karma, Destiny Learning.
- Year 3** – Mission & Meaning, Mental Health Crisis & Spiritual Emergency, Process Design, Meeting Conflict.

More details on our website –

www.holisticbiographywork.com/

- Information about our [Training Program](#)

Each Course within the Training Program is available:

- As a stand-alone course for personal / professional development

- As a *Learning Pack* with or without online sessions
- See our [Adult Learning Section](#)

To Join our Training Program –

Get started NOW with our Foundation Course Learning Pack -
 and attend *online sessions end January 2023*,
 Thu 26 – Sun 29 Jan, 17:00-22:00 AEDT

To enrol, please email *Laura Summerfield*:
mail@holisticbiographywork.com

Comments from participants –

'... an empowering journey of self-discovery. It invites you to understand our life story through ... comprehensive, well-researched & creatively crafted resource materials...'
 ES, Philippines

'... you not only learn about the unfolding mystery of our own life story, but how you can support other people to unfold their stories. It is a training in understanding humanness and of anthroposophy as lived experience. To study in the biography training is to enter a modern-day mystery school.'
 Dr JG, New Zealand

'Contrary to my expectation, the online version of the groupwork did not hinder interaction nor impede learning, if anything it enhanced the quality of the work, we were able to do together.'
 FM, United Kingdom

'The training program is a challenging course which expects ... a high level of independent preparation & the will to engage. This effort is rewarded with insights into oneself & others, and into the nature of humanity itself.'
 MQ, Australia

'I have just completed the Foundation Course in Holistic Biography Work. It offered the sacred gift of looking and delving into my story as I transition into the next phase of my life. ... I saw how metamorphosis is present in all forms of life; and is also in the patterns and processes of human biographies. I decided to connect my clay sculpture forms to my biography work processes. It brought me so much joy to have a new feeling of coherence.'
 KE, Philippines

Hotam's School's International Karma Conference

Click here for more details

<https://www.ornabendor.co.il/en/the-international-karma-conference/>

Know Our Members

An Interview with Anita Charton



The 2nd Edition of the Voice of Biography I had the honor to be interviewed by Rashmi and Sandhya. I happily shared with them my experiences in teaching Biography In China.

Now I take over the torch to interview a colleague. I immediately knew that this person was Anita Charton. She has played such an important role in the development of the Biography Impulse into the Biography Movement as we can see it now. I met Anita for the first time in 2007 in my first ITF (International Trainers Forum) meeting in Dornach. She was a mentor to me for many years, and her capacity for life-changing decisions may inspire others too.

I gladly introduce Anita Charton.

-Vera G Klein

VGK: We first met in the ITF in 2007, so I mainly know you from this context. What was the role of the ITF in your life?

AC: The idea to create a meeting space in 2003 for colleagues who were leading Biography Trainings at that time was a result of me perceiving two major needs within the Biography movement. One need being to have an open space for all those engaged in Biography Work for meeting, nourishment and networking without any strings attached so to speak, meaning no requirements to be a member of the anthroposophical society nor the first class of Spiritual Science and no requirement for specific professional qualifications. This need was covered by the Worldwide Biography Conference.

The other need I experienced was a necessity to gather around the esoteric substance of the First Class as a well that could sustain the then burgeoning new profession of Biography Work and Biographical Counselling by creating a Forum where professional questions and quality criteria for Biography Trainings could be shared and discussed.

When the International Trainers Forum for Biography Work (ITF) was founded following a first gathering of the above described nature in 2003 for me personally a dream came true. It was the incarnation of a vision of how to strengthen the Biography Impulse as a true Michaelic impulse at the very core of its spiritual substance. This impulse that is born out of the necessities and the tasks of the Consciousness Soul Time to serve and strengthen the development of our I, our true self-authority within our individual consciousness souls.

It was Coenraad van Houten, my teacher at the Centre for Social Development in the U.K. who had opened my inner eyes to the fact that this epoch in humanity's development under the reign of the Archangel Michael faces us with challenges that can only be met by understanding and working with ones own Biography and Karma. For me it became clear that the ongoing development of Self-Authority by defining and living one's own deep inner values as harvested from ones individual biographical challenges is a human task on a global level concerning each and everyone of us independent of what country and culture we are

born into. And I remember my heart sang when I realized that thus the Biography impulse was of an individual and at the same time of global significance and I knew deep down that I wanted to contribute to this emergence in whatever way I could.

When I was 17 I had two deep desires for my own life. I wanted to understand what was happening in people's personal lives, what were the inner forces that made a person into who they are and I wanted to travel as much as I could to meet different ways of living the human experience in different areas around the globe. In meeting Biography Work in an international context I found an outlet and a home for both of these desires.

I met Biography Work just before turning 33 when I was already working as an academically approved Psychotherapist. It was a life changer, the moment when I discovered what felt my true purpose in life. Therapy predominantly focusses on repairing and healing what has happened in the past. When working with Biography we mainly have the future in mind, using the developmental possibilities that are hidden as a potential in our even most darkest life experiences. Thus not approaching our life challenges from the point of view of obstacles needing to be cleared out of the way, but as initiation material asking for transformation/metamorphosis and in doing so providing essential ingredients for finding and living meaning through what our lives are presenting us with. - And as we are all part of humanity to then be able to offer our own unique contribution to humanity's development in this crucial time where as a humanity we are facing a threshold that could throw us into an abyss of ultimate destruction or lift us, when properly dealt with into a new dimension.

In me lives a pioneer spirit and for that I am very happy to have witnessed and contributed to the opening of the gates to perceive our Biographies as our most precious developmental material and help to create and shape trainings where the development of the I towards self-authority is central. With the work of the ITF I thus felt at the right place at the right time with my destiny fellows in this field.

VGK: In the ITF meeting of 2019 I had the honor to witness how you, at 63, listened to the voice of the future. What was that calling? (It was that age yes, that you stepped out of the ITF)

AC: I remember this voice very well during the Biography Conference in Hungary when I felt out of a sudden and very clearly that the time had come to make a further step in my own Biography by leaving even more tasks and responsibilities behind me as I had already done in previous years.

In 2019 I was 68 years old and felt that I wanted to hand over the co-ordination task that I had held in the ITF since its beginnings before reaching 70. I felt an inner voice to let go and to move on. In the context of the ITF I did not want to end up as a pioneer who is clinging to what I had been instrumental to establish and for myself I did not want to get stuck in what could become a prison of the already known.

When leaving my role in the ITF I still felt enough energy to embark into new adventures and further explore areas in my life that I had put on the backburner before and to move even deeper into discovering the riddles hidden in human experience without knowing exactly how to go about it. What I knew was that I wanted to focus on what it meant to be a woman, what specifically feminine values I had neglected in my busy-ness and to discover the specific quality of Self-Authority expressed from a feminine perspective ?

VGK: I experienced that you embarked on your life-journey into uncharted territory, as we have no frame of Planetary Septennials to guide us. You stepped in this uncertainty with an open attitude. What was it that gave you the courage and trust to do this step? As you made the step, what did you experience?

AC: Looking back I notice that I had prepared myself for stepping into this new phase of my life with having ventured into a for me another uncharted territory already years before. Egypt the country where I am spending most of my time now had been waiting for me since what seemed a long time. Maybe since another life in another time as I often feel when I am alone in the desert. Next to psychology I studied social anthropology and after having done my diploma in Psychology I wanted to finish my social anthropology studies with a doctorate on oriental dance and for this do some field work in Cairo. Life had other plans. I became pregnant, met Antroposophy and embarked on a completely different journey. Then when I was 50 living and working in Basel/Switzerland I started a relationship with an Egyptian painter who brought this country back onto my lifemap. It still took another 10 years until the Egyptian revolution and him moving back to his hometown Cairo for me to set foot into this fascinating land and with this to uncover a new layer of my soul. On my 60th birthday, coming back from Sansibar, a journey that I had given myself as a birthday present, I remember flying over yellow sand for hours and hours and feeling so drawn to it. Little did I know that soon after I would travel through this desert with Egypt welcoming me with open arms. I felt a deep connection to the man and to the land he came from, a connection that was calling me. I still had to wait until 64 when my professional life provided me with more freedom and I had the opportunity of buying a little house by the Red Sea. A little house in a Beduin village nestled between the Sea and the powerful bare Sinai mountains where one can feel a complete different connection to time and an incredible energy.

My little house became my place of retreat where I could digest my rich experiences from my previously very busy professional life, and it became - and this I did not know when I moved there - a Springboard into diving a level deeper into Biographical experiences with the request from a young woman for me to bring Biography Work to Egypt. I was not prepared for this. It had not been something I had intended. Yet when the question came I knew that I had to and wanted to say yes to it. I felt that this question gave me a new task and opportunity to re-invent what I had been doing so far in order to adapt it to a Muslim culture.

With Biography Work in mind I have the opportunity and the enormous challenge to see what is happening in this country with new eyes. Never have I met so much trauma and distortion in my work before and at the same time an enormous energy for change. I mainly work with young women who want to break free from traditions holding them back, an urge that cannot be silenced no matter how strong opposing forces put themselves in the way. I see and witness the birth pains of a new generation in a context where what I have learned and acquired so far needs to be expanded and reshaped.

VGK: What has this open space you created bring you?

AC: Through the lens of the experiences and questions of the young women I am working with I find my own question: What does it mean to be a woman in our time? take me into a whole new dimension.

VGK: I saw on Facebook very intriguing pictures of Biography Work in Egypt? Can you please share a bit about how you are engaged?

AC: My life here in Egypt has brought me in contact with new colleagues, who like me live and struggle to find a way forward here. Amongst others a German art therapist, Petra Rosenkranz, who has been doing an Art therapy training in Cairo for quite a number of years. I had the opportunity of joining her in some of her trainings. We share similar research questions and have a vivid exchange. Working together with her allows me to dive into artistic expression from another perspective.

Where I am at now with one to one work and by being engaged in course work centered around a creative collaboration and an artistic approach - as I feel - allows me to dive into a yet deeper dimension into what it means to be and become human in our challenging times.

I am writing this from a new apartment on the 11th floor in the heart of downtown Cairo that I share with the man who opened the door for me to this country and to this new chapter of my life, and the poem of Rainer Maria Rilke comes to mind. „I am living my life in growing circles. I may not attain the last one, but I will at least try it“.

About the Interviewer: *Vera G Klein*



The flow of my life started in 1958, in a loving family in the Netherlands. After enjoying Waldorf school as a child, I started my working life as a teacher. In my thirties, and three daughters richer, I was a while a full-time mother during which time I studied too. In my mid-forties I met the Institute for Biography and started as a Biographical Coach. In my early fifties I was invited to become the Director of the Institute.

I love to teach, not only in the Netherlands, but also in Spain, Brazil, China, Hungary and Malaysia. Traveling inspire me literally, whereby to journey in a figurative sense gives me inspiration. I find this in literature from many schools of thought such as Anthroposophy, Buddhism, Gnosticism and Philosophy.

My view on the human being and biographical development has been shaped by reading, living and learning. I gladly share some of my knowledge with clients and students who often take a pearl of wisdom home. In addition, I am always busy artistically shaping biographical themes, which has resulted in, among other things, the Biography Art Cards and the book; *Art of Crisis, Fall and Rise*, and *Biographæa*. In this way I can contribute to the growth and development of the Art and Science of Biography, the subject so close to my heart.

Tripti Raikwar



Namastey!

I am Tripti, a *Creative Spiritual Catalyst* for your soul's growth and evolution, whether that be in launching a new project, moving through a difficult transition, discovering how to feel best in your own body, or simply tapping into your own inner-healer. I help individuals overcome their fears, shine at their brightest and use their voice to be a beacon of light for others to awaken.

Pain transforms miraculously if you allow it to do its work. With me, it wasn't a piece of cake, either. It took a large toll on me as I traversed through my highs and lows, ups and downs, be it suffering physically (severe Asthma) or emotionally (grieving the loss of a loved one) to reach where I am today. The transformation took a leap by allowing me to be with myself, my emotions and my life just as they were, through allowing me to experience wholly without having to fix or change it - In the process, I discovered the quiet voice of my heart, and my intuition, and incepted a dream vision for a new life ahead.

In my present form, you'll find my dabbling with colours in the city of dreams - MUMBAI, the land of the seven islands of goddess Mumba-Devi. And while my free spirit feels more at home in the mountains, the calming waves of the sea with its healing sound soothes my sunkissed soul.

Tantra chose me in my late teens. With a highly intuitive, born Shaman as a mother and an Engineer with strong belief in energies as a father, my childhood embraced soulful spiritual interactions. That being, but not limited to, vedic rituals, chanting, nourishing real stories of spiritual experiences, freedom to explore varied religious rituals, from tantra to roza - helping me broaden my inner canvas whilst creating a panoramic landscape of the soul. At the tender age of 16, I got married into the Kali Clan, where the *kali-shakti* chose to ride upon me in my early 20s.

Little did I know that this is how the spirits chose to awaken an enormous piece within me to render the work I am doing today! I was blessed to have guides, mentors, and soulful angels who held my hand to cross-over at every stage of my life. Lucky Me! I am beautifully guided, protected and showered by cosmic abundance always.

As a management postgraduate, I started my professional journey as an assistant to an Actuary at LIC of India. Though destiny had its own ways. Seeing my elder child, my son face learning difficulties, forced me to venture into the world of teaching. I started as a Mathematics teacher and moved upwards to the Head curriculum developer two and half decades ago in a mainstream school, whilst finding myself at the crossroads of a Waldorf school in 2005, where I met anthroposophy.

When you work with art - be it colours, music, movement, anything while developing its connection to concepts through deeper study of a subject, you subconsciously look into your beingness and discover varied rich layers of your higher self. That's how I brewed slowly for a decade in a Waldorf school as a class teacher and later as an Art-mentor for teachers.

Being a Gemini, hunger for deeper knowledge, curiosity to learn more about the world and man led me into experiencing many modalities though, Art was always my first love.

Vedic interventions, Sacred Geometry and Intuitive Watercolour Paintings nourished my soul and awakened many dormant faculties within me. I am absolutely unaware as to when I transformed into an Art Healer during my exploration of spiritual modalities like Reiki, Chakra healing, Womb healing, Yoni Shastra, and Yantras.

Today As a *Coach and Soul Guide*, I enjoy working as a *Creative Emotional Wellness Coach*, helping clients as a *Spiritual Inner-Life Curator and Catalyst*. Being a story-teller by heart, I love listening to Life-Stories and this led me to explore Biography work. It's a great tool for ME as an intuitive channel to look into one's *Akashic Records*.

When allowing yourself to be seen, firsthand fear, self-doubt and blocks inevitably come up along the way. I use EFT Tapping and Multidimensional Lineage/Ancestral Healing work with my clients to assess the level of the subconscious and heal what's holding them back from *stepping into greater visibility and honouring their innate worth*.

Sometimes we dive into memories and wounds from childhood, adolescence or even past lives. I've held a space for many women to heal their womb from health challenges, painful menstrual cycles, infertility, their relationship to their femininity and sexuality, healing past abuse and/or abortions, miscarriages, or difficult birth experiences, et al.

I've also had the honour to support over 135 Geoscientists at ONGC to enhance their creative energy and zest to explore, through Healing Arts Experiential programs. I have also had the opportunity to be a guest speaker on the topic of 'Healing Arts and Mental Health' on AKASHWANI RADIO, we discovered the importance of humour and its importance in today's world where as per study, an average adult smiles 300 times less than it did as a child.

My most memorable event was being invited as a Wisdom keeper of Yantras at World's 1st Ever International Pranayama Summit 2021 USA, where we explored the power of Yantras and the deep hidden healing energy stored in the forms of a Yantra, the ancient wisdom was welcomed with great awe and wonder. I have also had the opportunity to host an art retreat named '**URJA - Inner Power**' at Osho Saraswati, Lonavala, that being a surreal experience for us all, participants and facilitator alike.

As a *Healing Art Facilitator and Teacher*, I support my students to open their hearts, emote, and find alignment in their bodies. I believe it's in the willingness to go into the places of discomfort and hold ourselves with compassion that we find the most growth. It's through the churning and strengthening of our

emotional body, where we discover our intuition and our body's wisdom, that can guide us to the most aligned next step on our path.

My intuitive work with inner life of children and parents has pushed me to work on my research thesis, *'Importance of Work with H.E.A.R.T. (Healing and Expressive Art Revival Therapy) for Spiritual Upliftment.*

At 48, I am a mother of two and grandmother of a tiny angel. I feel blessed to be called Maa by most of my soul-tribers who strongly feel nourished by my motherly energy. I resonate with the ancient concept that art/creation carries *Healing Energy*, and that by connecting to our core we facilitate more clarity to open up the inner loop freeing oneself from karmic knots.

Energy is everything and can be better managed by Yoga, Art and Tantra - as yoga balances our body, art nourishes our soul and tantra grounds our spirit.

Happy Happy Healing,

Yours very own

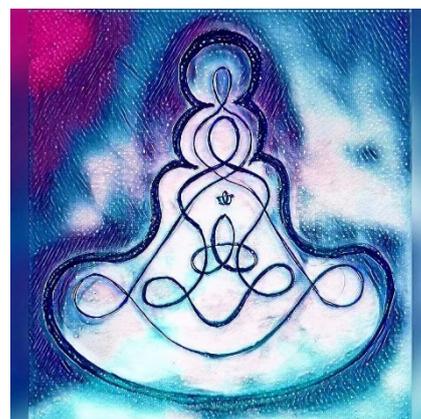
Tripti Raikwar

Founder- Trishti Healing Arts Contact- 9892016062

Instagram- @trishtihealingarts

Facebook- @trishtihealingarts

Website- www.trishtihealingarts.com





Offerings
from
The Association

LOOKING BACK WITH GRATITUDE

The Journey of Association for Holistic Biography Work to the Eleventh Worldwide Biography Conference

Indian Contribution to Global Biography impulse

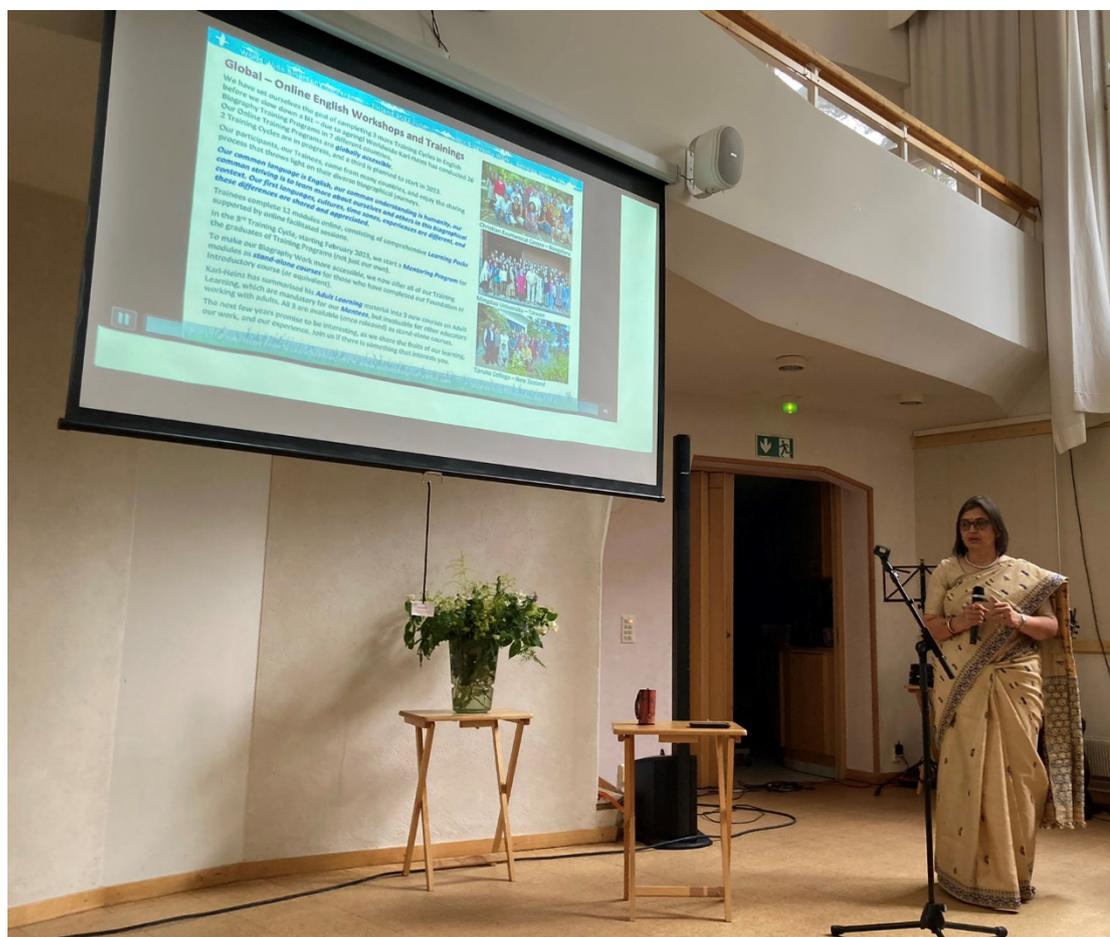
“And, when you want something, all the universe conspires in helping you to achieve it.”

– Paulo Coelho, The Alchemist



Between the Worldwide Biography Conference in Hungary in 2019, and this year's one in Finland, the biography impulse in India took roots and the Association for holistic biography was birthed, with the intention of creating space with reverence and love, for a global community of Biography Practitioners to **Connect, Enrich, Grow, And Support**. What was amazing and reaffirming our faith in guidance from the spirit world was the fact that the intention did not manifest itself in the real world, as long as we focused exclusively on India. It was only when we realized that association wishes to manifest itself for a larger purpose - for the world, for the larger Biography community to come together, the Association was born effortlessly.

What emerged after that, was nothing short of magic. Our guiding principle became clear - to create a space of collaboration where biography work from across the globe comes together not as a random combination of a series of approximations but a harmonious synthesis of multiple aspects of the same essence.



We began living the questions :

- What are the current streams of thought of biography work across the globe?
- How is biography being applied in different parts of the world, different cultures?
- Can we start connecting and putting the pieces together?

And without even realizing we began living our way into the answers. The universe responded to our intention, help and guidance poured in from all over the world. 115 members from 25 countries joined the space. We brought together a bouquet of offerings from across the world through two international gatherings online, published three editions of International online magazine “The Voice of Biography”, conducted a series of workshops and master classes.

We began taking baby steps, and started gathering data on how biography work was being done in different countries. With labour of love burning many a midnight candle we synthesized the responses and it was a visual treat

to see a mosaic emerging – each country, each member carrying the essence of biography work in unique ways, each distinct, but creating a beautiful whole.

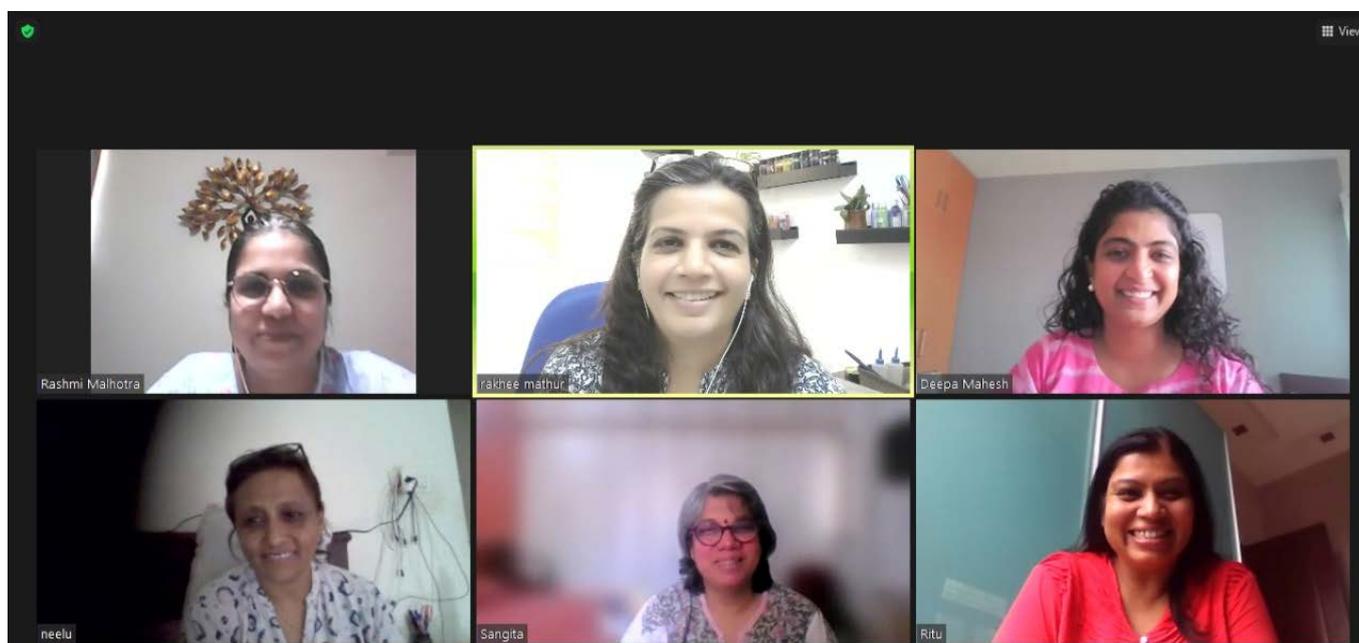
Universe conspired again when we realized that the Finnish team’s intention for the biography conference was to showcase how biography work was being done in different parts of the world! The time had come, for everyone to see the work being done by every one else.



With a heart filled with gratitude, the 32 months old AHBW, represented by the sole participant, **Janaki Anant**, who braved many a trial, and crossed many hurdles to get to Finland, presented their work at the WBC 2022, to the over 90 participants from across the globe. The overwhelming response from all those present, their eagerness to join the space to **Connect, Enrich, Grow, And Support**, invigorates, energizes and adds spring to our future steps on this journey.

We are in deep gratitude to all who made this journey possible.

The Biography Learning Circle



The Association had held the intention of holding three circles in the coming few years. From all the three, the Biography learning circle manifested itself this year as a response to one of our member's desire, Deepa Mahesh, to have a sharing space to discuss the Biographical concepts and ideas.

The circle was intended with an intention to encourage peer learning and also provide space for sharing client's presentations. The circle slowly started emerging, leading to insightful discussions and sharings. It lasted from June to December. With us meeting, once or twice every month to look at the 9-fold chart presented by Sangita Kamath and case studies presented by the circle members.

Given below are some of the thoughts from two of the participants about the circle.

"I have really enjoyed being a part of the Biography Learning Circle. It has been a rich experience where an atmosphere of learning & refreshing our basics could be created. Many of us experienced those "Aha" moments as Biography is like an onion the more layers you peel the deeper you get to the core.

For me personally, taking the learnings immediately to my practice were very beneficial. The case study discussions gave me an insight into how other Biography Consultants were practicing and what were their challenges. Sometimes as a group we were able to give new perspectives or leads that could be followed. Such experiences were very enriching and can be helpful to every practicing consultant.

Hope we start another circle soon with more interested & like-minded people who are seeking similar spaces.

Gratitude to Rashmi for bringing us together and other members of the Circle Sangita, Rakhee, Neelu, Deepa for allowing a creative and enriching space to be birthed. 🙏”

- Ritu Singhi, Biography Consultant

“A wise man once wrote, “The whole purpose of learning is to turn mirrors into windows” and this is what the Biography Learning Circle brought to me, personally. I was fortunate to have the opportunity to present the fundamentals of Biography Work and the 9-fold development of human consciousness over multiple sessions. The questions and discussions that followed deepened the concepts for me and it was food for thought for the time between the sessions.

The format of the Circle also allowed for Case Presentations and it was very interesting to see how creative the presenters were in coaching their clients. It brought to me the importance of using various modalities in my sessions and I feel supported in my work by the expertise and inputs of my colleagues and this Circle.

I am eagerly waiting for the next Circle to begin so that I can peek through more windows leading to the magical world of Biography Work.”

- Sangita Kamath, Biography Trainer & Coach

As we closed the circle, we intend to open it next year for all our members who would like to delve deeper into knowledge of Biography and explore it even further, at professional and personal level.

Hope to see some of you there... sharing and learning together.

If you are interested in joining the circle, write to us...

Looking Forward



**Online
Biography Gathering**
Thu 15th – Sun 18th June 2023
in English & Mandarin

Presented by
*Living-way ...
Holistic Biography Work*

Association for
Holistic Biography Work

Taiwan Association for the
Promotion of Biography Work

Core Aspects of Biography Work

3 Lectures by Dr Michaela Gloeckler

With Q&A sessions and guided learning groups

- *Biography-work as a Key for new Self-understanding*
- *The "I" and its Double*
- *Salutogenesis and Resiliency in Biographic Consultations*

Anthroposophic Psychiatry of Body, Soul & Spirit

2 Lectures by Dr Martha Koelman

With Q&A sessions and guided learning groups

- *Later Masterclasses will deepen the understanding of this topic*

Costs

90 EUR
60 EUR Members of above
Associations
60 EUR Students of
Biography Work

Time Zones

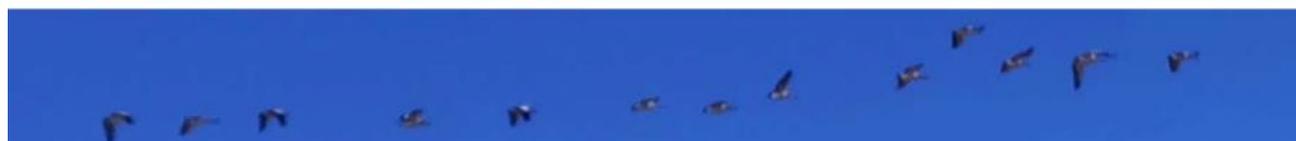
AU 17:00-22:00
CN, TW 15:00-22:00
IN 12:30-17:30
CH, DE 09:00-14:00
UK 08:00-13:00

Contact / Enrolment

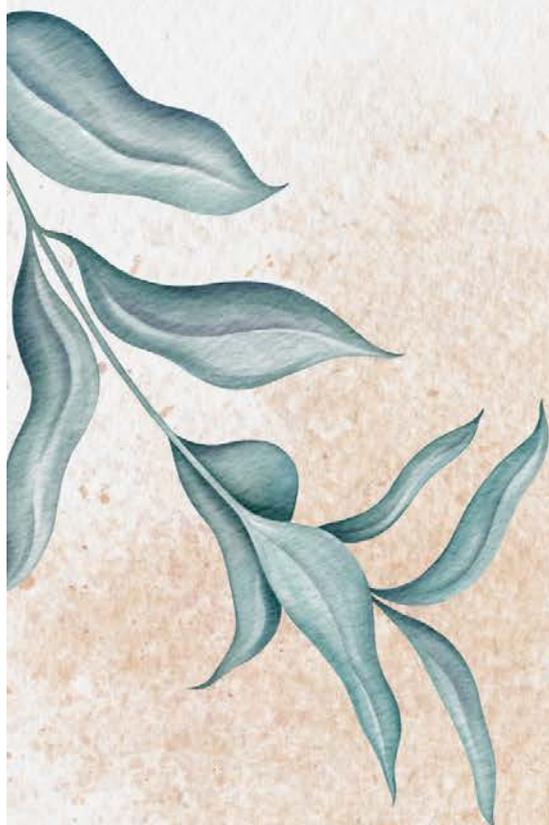
Email mail@holisticbiographywork.com
Enrolments open NOW – please email us

Website www.holisticbiographywork.com/gathering-2023/

Please contact us if you are willing to organise translation into another language.



**BIOGRAPHY
LEARNING
CIRCLE
(2nd cycle)
Registration
starts in April
2023.**



*If interested, please email
at
info@holisticbiography.com*



WE ARE GRATEFUL

To all of you who wrote articles and sent your paintings for the e-magazine.

And those who held the essence of the e-magazine in their hearts and thoughts.

And to each of you who will read the e-magazine and find something of value in it.

*We found the Bridge Verse to be significant from both the e-magazine's and rhythm's point of view.
We would like to close this edition of the magazine with this Verse which will bridge us to the future.*

The Bridge Verse

The human being is a bridge
Between the past
And future existence;
The present is a moment;
Moment as a bridge.
Spirit grown to soul
In matter's husk
Comes from the past;
Soul growing to spirit
As seed encased
Journeys towards the future.
Grasp future things
Through past ones,
Hope for evolving things
Through what has evolved.
So grasp existence
In evolving growth;
So grasp what will be
In what exists.

Dec 21, 1920
Rudolf Steiner
(for Ita Wegman)